



Working
together
hand in hand.



**Welcome
to the Methodist Health
System
Benefits Program
2024**

Enroll in Your Benefits

- Health
- Dental
- Vision
- Medical Expense or Limited Use Medical Expense Reimbursement Plans
- Voluntary Life Insurance
- Voluntary Short Term Disability
- Voluntary Critical Illness
- Voluntary Accident Insurance
- Voluntary Hospital Indemnity
- Dependent Care Expense Reimbursement Plan
 - Within 30 days of hire or eligibility for benefits

If you do not enroll during this time, you will be a late enrollee and you will not be allowed to enroll until the next annual enrollment period for January 1.*

- MHS 401(k) Retirement Plan
 - Automatic Enrollment after 35 days of hire
 - Or, elect to enroll after your first paycheck

*Some plans allow mid-year enrollment if you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status).

Welcome!

Congratulations on becoming a staff member at Methodist Health System (MHS). We're excited to have you join our team.

At MHS, you'll discover that it's all about working together.

By working together, we truly can make a difference for our patients...our communities...our organization...and our staff members.

The Benefits of Working at MHS

Methodist Health System offers a benefits program designed to help you with the things that matter most:

- Protecting yourself and your family;
- Balancing life's responsibilities;
- Pursuing your dreams; and
- Building financial security.

Why does MHS offer this program? It's simple. In order for you to take care of our patients and customers, you need to take care of yourself and the people and things important to you.

This booklet summarizes the MHS Benefits Program, so that you can get the most value out of the program.

If You Have Questions

If you have any questions about your benefits or how they apply to your personal situation, contact the Methodist Service Center at 402-354-2280.

The Benefits of Working at MHS

Benefits to Help You Protect Yourself and Your Family

- Health Plan
- Dental Plan
- Vision Plan
- Health, Dental and Vision Coverage Costs
- Medical Expense and Limited Use Medical Expense Reimbursement Plans
- Life Insurance
- Voluntary Insurance: Life Insurance, Short Term Disability, Critical Illness, Accident, & Hospital Indemnity
- Long-Term Disability Coverage
- Business Travel and Accident Insurance

Benefits to Help You Balance Life's Responsibilities

- Holidays
- Paid Time Off Benefits
- Dependent Care Expense Reimbursement Plan
- Employee Assistance Program
- Wellness Benefits and Information

Benefits to Help You Pursue Your Dreams

- Tuition Assistance
- Foundation Certification Program
- MHS In-service Programs

Benefits to Help You Build Security

- MHS 401(k) Retirement Plan
- Credit Union



Benefits to Help You Protect Yourself and Your Family

A Closer Look at Your Health Benefits

For details about the different plan options, see the enclosed inserts.



You work for an organization dedicated to caring for others. But you also need to take care of yourself and those who depend on you. That's why MHS offers you health and insurance benefits. You don't have to worry "what will happen if..." You have a plan for everything from a toothache to disability. So, you can put your mind at ease.

Health Plan

MHS understands that different people have different health care needs. That is why MHS offers you different health care plan options.

Health Plan Options

- PPO Option
- High Deductible Health Plan (HDHP) Option with Health Savings Account (HSA)

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week
- Eligible Dependents

Coverage Effective Date

- 1st of the month following the date you became eligible
 - If you enroll within 30 days after being hired or becoming eligible.
 - Due to IRS rules, you can't add, drop or change your coverage during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status). If you don't have a qualifying event, you can add, drop or change coverage once a year at annual enrollment time.

Health, Dental and Vision Plan Eligible Dependents

- Your legally married spouse;
- Your children (natural, adopted, foster, guardian or Step-children) under age 26.

Health Savings Account (HSA)

- Offered with the High Deductible Health Plan (HDHP) only
- Automatic Employer Contribution
 - Maximum \$600 per year, if you cover just yourself on the health plan
 - Maximum \$1,200 per year, if you cover yourself and family members on the health plan
- Optional Pre-tax Employee Contribution
- Pay for Eligible Health Care Expenses
- Unused Dollars Rollover Year After Year

For more information and details on how the HSA works with the HDHP, go to the mhsintranet at Human Resources/MHS Benefits/Health Plan.

Dental Plan

MHS offers a dental plan.

- Coverage for preventative, basic, major and orthodontic services
- Receive a discount from preferred providers

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week
- Eligible Dependents

Coverage Effective Date

- 1st of the month following the date you became eligible
 - If you enroll within 30 days after being hired or becoming eligible.
 - *Due to IRS rules, you can't add, drop or change your coverage during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status). If you don't have a qualifying event, you can add, drop or change coverage once a year at annual enrollment time.*

Vision Plan

MHS offers a vision plan that provides a routine eye exam and benefits for eye care purchases such as glasses and contacts.

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week
- Eligible Dependents

Coverage Effective Date

- 1st of the month following the date you became eligible
 - If you enroll within 30 days after being hired or becoming eligible.
 - *Due to IRS rules, you can't add, drop or change your coverage during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status). If you don't have a qualifying event, you can add, drop or change coverage once a year at annual enrollment time.*

A Closer Look at Your Dental and Vision Benefits

Your coverage under the plan depends on the type of care you need. For details about the coverage, go to the mhsintranet at Human Resources/MHS Benefits/Dental Plan or Vision Plan.

Health, Dental and Vision Coverage Costs

MHS pays a large portion of the cost of health and dental coverage, and you pay the remaining portion.

- You pay premiums as pre-tax paycheck deductions - reducing your taxable income and saving money
- Health and Dental - one-half of monthly cost deducted from bi-weekly paycheck
- Vision - monthly cost deducted from one check per month



Elect Your Health, Dental and Vision Coverage

- Decide if you want coverage.
- Decide which health care plan option you want.
- Decide whom to cover.
- Complete the online enrollment.
- Review the *Benefits Enrollment Authorization* section at the end of online enrollment.
- Complete the *Spouse/Dependent Information* at the beginning of online enrollment.
- You must enroll within 30 days of eligibility or hire, for coverage to be effective the first of the month.



Participate in the Medical Expense or Limited Use Medical Expense Reimbursement Plan

- Decide if you want to participate.
- Estimate your expenses and decide how much to contribute.
- Complete the online enrollment.
- You receive a debit card when you enroll in the plan or submit a claim for reimbursement.
- Claims incurred in calendar year accepted for reimbursement up to 90 days following the end of the calendar year.

Medical Expense Reimbursement Plans

MHS offers three types of reimbursement plans.

- Medical Expense Reimbursement Plan
- Limited Use Medical Expense Reimbursement Plan
- Dependent Care Expense Reimbursement Plan
(for more information, see page 7)

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week

Coverage Effective Date

- 1st of the month following the date you became eligible
 - If you enroll within 30 days after being hired or becoming eligible.
 - *Due to IRS rules, you can't add, drop or change your coverage during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status). If you don't have a qualifying event, you can add, drop or change coverage once a year at annual enrollment time.*

Medical Expense Reimbursement Plan

- Pre-tax Employee Contribution
- Pay for Eligible Health Care Expenses
- Unused Dollars are Forfeited after Year End
- Maximum \$3,200 Contribution per Year
- Not available if Enrolled in a High Deductible Health Plan
- Medical & Dental deductibles, copayments and coinsurance amounts;
- Vision expenses; and
- Hearing expenses

For More Information

See the mhsintranet under Human Resources/MHS Benefits/Medical Expense Reimbursement Plan for examples of the types of health, dental and vision care expenses that are eligible to be reimbursed through the Medical Expense Reimbursement Plans.

Limited Use Medical Expense Reimbursement Plan

- Available only if Enrolled in a High Deductible Health Plan
- Pre-tax Employee Contribution
- Pay for Eligible Dental and Vision Expenses not Covered
- Unused Dollars are forfeited after Year End
- Maximum \$3,200 Contribution per Year

Since you pay for these expenses on a pre-tax basis, your money goes a lot further - and your taxable income is reduced.

Plan Carefully!

Due to IRS rules, you must use the money you contribute to the plan for expenses that you incur during the calendar year while you are a participant. Otherwise, **you forfeit any money left in your plan.** You can't change your contribution amount during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status).

Life Insurance

MHS offers both basic life insurance at no cost to you, and voluntary life insurance if you choose to purchase coverage for yourself, your spouse or your dependent children.

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week.

Basic Life

- Paid by MHS
- 1.5 X annual base salary to maximum of \$300,000

Coverage Effective Date

- 1st of the month following one year of employment

Voluntary Life

- You choose the coverage you want to purchase.
 - Employee - increments of \$10,000 to a maximum of 7x annual salary or \$500,000
 - Spouse - increments of \$10,000 up to \$100,000
 - Child - \$10,000 (\$1,000 if less than 6 months of age)
- Cost of Employee and Spouse Life Insurance based on age and amount of coverage. Child Life Insurance flat monthly amount.
- Paid through after-tax payroll deduction.

Coverage Effective Date

- 1st of the month following the date you became eligible, if enroll within 30 days of eligibility.
- If enroll after 30 days of eligibility - evidence of insurability is required. Coverage effective 1st month following approval by the life insurance company.

Voluntary Short Term Disability:

Short-Term Disability Insurance is one of the most important benefits you can have because it actually provides income to you while you are sick or injured. Your medical insurance covers those expenses, but you still have copays, coinsurance, rent or a mortgage, car payment and insurance, food, clothing, etc., that must be paid. After a one week elimination period, benefits are paid at 60% of your annual income up to a \$2,000 weekly maximum.

Voluntary Critical Illness:

If you are diagnosed with a covered condition after the policy is in effect, you will receive a lump-sum benefit payment based on the terms of your policy and the diagnosis. Benefits are paid directly to you, regardless of any other insurance coverage you may have.

Voluntary Accident Insurance:

Accident Insurance provides benefits to help cover out-of-pocket medical expenses related to an accidental injury. Benefits are paid based on the type of injury or service performed and do not interfere or coordinate with your major medical plan.

Elect Voluntary Life Insurance

- Decide if you want coverage for yourself.
- Decide if you want coverage for your spouse or eligible dependent children.
- Complete the online enrollment.
- You must enroll within 30 days of eligibility or hire, for coverage to be effective the first of the month. Guarantee Issue for Voluntary Life is \$300,000. Guarantee Issue for Spouse Voluntary Life is \$50,000.
- If you enroll after 30 days during an allowed election period, you and your spouse will be considered late enrollees — subject to evidence of insurability requirements of the insurance company.
- *Reminder:* Complete the beneficiary designation online in Employee Self Service.

Voluntary Life Insurance Eligible Dependents

Your eligible dependents include the following:

- Your legally married spouse;
- Your unmarried children (natural, adopted, foster or stepchildren) from age 14 days up to age 26.

Voluntary Hospital Indemnity:

Hospital indemnity insurance pays a fixed dollar amount per day for services and supplies you receive during a hospital stay, up to a maximum number of days each year. There are no preexisting condition limitations, no health questions to answer and no medical tests to take. You're paid the full per-day benefit no matter what other insurance you have.

Long Term Disability Coverage

- Provided by MHS at no cost to you
- If disabled and unable to work more than 90 days
- Monthly benefit 60% income replacement, up to \$7,000 per month LTD benefits continue until the earliest of the following:
 - You are no longer disabled;
 - You reach age 65 (or according to the schedule if disability begins after age 61);
 - 24 months, unless you are unable to perform any type of work, based on your education, training or experience; or
 - You die.

Under the plan, you are considered "disabled" if you are medically unable to meet the requirements of the position you held prior to your illness or injury.

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week

Coverage Effective Date

- 1st of the month following one year of employment

Business Travel and Accident Insurance

- Provided by MHS at no cost to you
- While traveling on business, benefit provided for injury or death
- Benefit amount based on salary and extent of injuries

Eligible for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week

Coverage Effective Date

- The date you are eligible

Benefits to Help You Balance Life's Responsibilities

You have a lot of responsibilities...at work and at home. MHS offers many benefits and services to help you balance these responsibilities. So, you can focus on work when you're at work— and on your personal life when you're at home.

Holidays

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

You will receive double time pay for hours worked on a recognized holiday.

Paid Time Off Benefits

Everyone needs to take a break from time to time. On the first day of work, eligible staff members begin to accrue paid time off (PTO).

- PTO accrues based on hours worked
- PTO accrual increases with years of service

For more details, refer to the paid time off insert enclosed in this booklet.

Bi-weekly PTO hours accrued are determined by multiplying hours worked during the pay period by the accrual rate per hour based on the employee's years of eligible service. The new PTO hours are added to the employee's balance after the accrual period ends and are available for use in the following pay period. PTO accruals are subject to a maximum for each pay period. PTO hours taken during the pay period are considered hours worked in calculating the accrual.

| Years of Service | Accrual Rate Per Hour | Pay Period Maximum * | Maximum Annual Accrual Hours (Per Year)** | Maximum PTO In Days (Per Year)*** |
|------------------|-----------------------|----------------------|---|-----------------------------------|
| 0 - 1 | .0985 | 7.39 | 192 | 24 |
| 2 - 4 | .1108 | 8.31 | 216 | 27 |
| 5 - 9 | .1313 | 9.85 | 256 | 32 |
| 10 - 15 | .1354 | 10.16 | 264 | 33 |
| 16 - 25 | .1395 | 10.47 | 272 | 34 |
| 26+ | .1436 | 10.77 | 280 | 35 |

Dependent Care Expense Reimbursement Plan

Eligible dependent children or a parent who needs care while you're at work?

- MHS offers Dependent Care Expense Reimbursement Plan

You can participate if you meet one of the following requirements:

- You're a single working parent; or
- You're married and your spouse works, is a full-time student for at least five months of the calendar year, or is disabled and unable to provide care.

Eligibility for the Plan

- Full-time or Part-time staff member scheduled to work 20 hours or more per week
- Eligible tax dependents - children under the age of 13; a mentally or physically disabled spouse, parent or other dependent must be living with you to qualify.

Coverage Effective Date

- 1st of the month following the date you became eligible
 - If you enroll within 30 days after being hired or becoming eligible.
 - *Due to IRS rules, you can't add, drop or change your coverage during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status). If you don't have a qualifying event, you can add, drop or change coverage once a year at annual enrollment time.*

How the Plan Works

- Pre-tax Employee Contribution
- Pay for Eligible Dependent Care Expenses
- Unused dollars are forfeited after year end
- Maximum \$5,000 contribution per year (\$2,500 for married taxpayers filing separate returns)
- Incur Eligible Expenses
 - Use Debit Card; or
 - Pay cost out of your pocket – then file for reimbursement from your account
- Claims incurred in calendar year are accepted up to 90 days following the end of the calendar year

Eligible Dependent Care Expenses

In general, any dependent care expense considered tax-deductible by the IRS is eligible, including the following:

- Licensed day care center and nursery school charges;
- Babysitting costs for care in or out of your home; and
- Nursing or custodial care for elderly or disabled dependents who live with you and are unable to care for themselves.

Plan Carefully!

Due to IRS rules, you must use the money you contribute to the account for expenses that you incur during the calendar year. Otherwise, **you forfeit any money left in your account**. You can't change your contribution amount during the year unless you have a qualifying event that meets the applicable legal requirements (such as a change in marital or employment status).

Also, keep in mind - you may already be eligible for a tax credit on your income tax return

- Cannot apply same expense to both Dependent Care Expense Reimbursement Plan and tax credit
- Any amount contributed to the Plan reduces amount you can apply to federal tax credit
- Speak to a tax expert to help determine if tax credit or reimbursement plan is better for your situation

Participate in the Dependent Care Expense Reimbursement Plan

- Decide if you want to participate.
- Estimate your dependent care expenses and decide how much to contribute.
- Complete the online enrollment.
- You receive a debit card when you enroll in the plan.

For More Information

Contact the Benefits Department if you would like more information about the Dependent Care Expense Reimbursement Plan.

Employee Assistance Program (EAP)

MHS offers confidential and professional counseling in person or over the phone.

Find yourself struggling with:

- Stress
- Depression
- Financial Matters
- Family Issues

You or your family members in your household can get assistance.

- Contact the EAP to speak to a licensed counselor.
- EAP can also provide referrals for in-depth help when needed,
- MHS provides the benefit - EAP visits covered at no cost to you or your family. Up to 5 visits covered per person, per year.

To set up an appointment, call the EAP at (402) 354-8000 or toll-free at (800) 801-4182. The EAP is available during the following hours:

- Monday through Thursday, 8 a.m. to 8:30 p.m.
- Friday, 8 a.m. to 4:30 p.m.
- Saturday, 8 a.m. to 1 p.m.

Emergency and crisis services are available after regular office hours.

To learn more about your EAP, visit the EAP website at www.bestcareeap.org.

Wellness Benefits and Information

MHS provides many additional benefits and information to keep you feeling your best. For more information, check out MHS Wellness on the mhsintranet under the Human Resources tab.

Wellness Benefits

MHS sponsors various wellness activities for you and your family, including the following:

- Wellness Premium Incentive for Health Plan Participants
- Free Flu Shots
- Tobacco Cessation Program and Tobacco Free Resources
- Health System Supported Community Activities
- Lactation Program
- Ergonomics Program
- Health Information and Education
- Subsidized Memberships to YMCA
- Employee Health Services



Benefits to Help You Pursue Your Dreams

If you have goals for yourself beyond your current position, MHS is the place to be. It's a place where you can learn and grow. You'll receive support from the organization, as well as your fellow staff members.

Tuition Assistance

To help you manage education expenses while pursuing your career goals, MHS provides tuition assistance.

- Any degree directly related to current position or healthcare position with MHS
- Noncredit hour, certificate courses offered by a college or university possessing regional accreditation, if approved course is directly applicable to current position

Eligibility

- Full-time or Part-time staff member scheduled to work 16 hours or more per week
- After 6 months of employment

To Apply

- MHS Benefits/Pursuing Your Dreams on mhsintranet
- Submit application before starting course

If approved - reimbursed 100% of tuition upon completion of course with a "B" grade or better - up to maximum of \$2,000 per calendar year, plus an additional \$1,500 for classes taken at Nebraska Methodist College.

Foundation Certification Program

Professional Certification

- MHS offers financial assistance for testing fees

Eligibility

- 6 months of continuous employment at eligible MHS site

For more information or to Apply

- See mhsintranet/Human Resources/MHS Benefits/Pursuing Your Dreams

Program does not apply to staff members who require certification as a condition of their employment.

MHS In-service Programs

Access to many in-service programs.

- job-specific training
- general health and wellness information session

MHS also offers a variety of satellite programs, some of which allow you to earn CEUs.



Continuing Education Programs

MHS offers a variety of continuing education programs on campus and at Methodist College. Depending on the program, you may participate at no cost or at a discounted cost. Some programs require application prior to the start of class.

For more information, contact the Human Resources Department.

Scholarships and Grants

MHS also offers scholarships and grants, including the following:

- Carolyn Scott "Spirit of Excellence" Scholarship - for up to \$5,000 toward tuition, fees and supplies for graduate work.
- Employee Development Grant - for up to \$1,600 per year toward the tuition cost of a degree or certificate program of study at Nebraska Methodist College.

Benefits to Help You Build Security

What are your plans for the future? Do you want to travel... make your hobby into a second career...or just spend more time with your family and friends? Whatever your dreams, MHS can help you turn them into reality by building financial security.

MHS 401(k) Retirement Plan

The MHS 401(k) Retirement Plan Consists of three key components:

- MHS **Base** Contributions
- Your **Employee** Contributions
- MHS **Matching** Contributions

MHS Base Contributions

MHS makes an annual Base contribution for you.

- You become a participant January 1 of the year
 - you complete one year of service;
 - work 1,000 hours in that year; and
 - attain age 21
- A participant receives the MHS Base Contribution for a year in which
 - you work 1,000 or more hours and you are employed on December 31, or
 - you leave employment and have attained age 55

The following chart shows the MHS Base contribution schedule according to your years of accrual service.

| Years of Accrual Service At End of Plan Year | Base Contribution Rate Schedule |
|--|---------------------------------|
| 1 through 5 | 1% |
| 6 through 15 | 2% |
| 16 or more | 3% |

Example, if you have one year of accrual service and eligible compensation is \$40,000, your Base contribution would equal 1% of \$40,000 - or \$400 – for the year. The IRS limits the amount of eligible compensation – the 2023 limit is \$345,000

Vesting

- You earn your right to the Base contribution, or become “vested” after 2 years of vesting service
- Earn 1 year of vesting service each calendar year you work at least 1,000 hours
- If you leave MHS before you are vested, your Base contribution account balance is forfeited.

Your Employee Contributions

You can contribute from 1% - 100% of your eligible base pay as pre-tax or Roth contributions, or a combination, up to the annual IRS dollar limits.

You can make your own contributions to the Plan through payroll deduction from your salary.

- Significant advantages to making your own contributions
 - Variety of investment options
 - Tax deferral of any investment earnings
 - Matching contribution from MHS when you contribute your own money

A Roth contribution to your Plan allows you to make after-tax contributions and take any associated earnings tax-free at retirement, as long as the distribution is a qualified one. A qualified distribution, in this case, is one that is taken at least five years after your first Roth 401(k) contribution and after you have attained age 59 ½, or become disabled or die.

The IRS contribution limit for 2024 is \$23,000. If you have reached age 50, or will reach 50 during the calendar year (January 1 – December 31), and are making the maximum plan or IRS pre-tax contribution, you may make an additional “catch-up” contribution each pay period. The maximum annual catch-up contribution for 2023 is \$7,500.

Annual Increase Program

You can choose to increase your retirement savings plan contributions automatically each year through the Annual Increase Program.

Automatic Enrollment

- You’re eligible to start your own contributions right away
- You’re automatically enrolled for Employee Contributions at 3% of your eligible pay approximately 35 days from your hire date.
- Your contributions will be invested in the Target Date Funds, unless you make a different election

Even though your enrollment is automatic, you can always:

- Change your contribution rate;
- Direct contributions to other investment options available through the plan; or
- Decline participation

Detailed information regarding the automatic enrollment process will be emailed to your work email address by Fidelity Investments shortly after your first week of employment.

The maximum amount you can contribute to the MHS 401(k) Retirement Plan, through payroll deduction, is determined by the IRS on an annual basis. If you are age 50 or over, you can also take advantage of additional catch-up contribution limits.

Below is a chart that shows the current employee contribution limits.

| Tax Year | Annual Contribution Limit | Additional Annual Catch-Up Contribution Limit (If Age 50 or Older) |
|----------|---------------------------|--|
| 2024 | \$23,000 | \$7,500 |

You are always 100% vested in your own **Employee** Contributions.

MHS Matching Contributions

If you make your own contributions to the MHS 401(k) Retirement Plan, MHS will make a Matching Contribution.

Methodist matches 100% of the first 6% of pre-tax and/or Roth Contributions you make to the Plan.

**Make Your Own
Employee
Contributions!**

Watch for the enrollment email from Fidelity – emailed to your work email account.

Fidelity
(800) 343-0860

Or you can go to
<http://www.netbenefits.com/atwork>

Vesting

- You earn your right to the Matching Contributions, or become “vested” after 2 years of vesting service
- Earn 1 year of vesting service each calendar year you work at least 1,000 hours
- If you leave MHS before you are vested your Matching Contribution account balance is forfeited

Note – the IRS limits the combined amount of all contributions made to the MHS Defined Contribution Retirement Plan each year. In 2024, the total annual contribution that can be made from all sources is the lesser of a) 100% of your compensation and b) \$69,000.

Investments

- Fidelity is the custodial holder of all plan contributions
- Your MHS Base Contributions
 - Your Employee Contributions
 - Your MHS Matching Contributions

Your elections direct the investments for all three contribution types. Not made an investment election yet?

- Contributions will be invested in the Target Date Fund appropriate for your age

You can change your investment elections at any time.

Distributions

If you leave MHS, your vested MHS 401(k) Retirement Plan account balance can be:

- Rolled over to
 - An IRA
 - Another employer’s 401(k) plan, if plan accepts rollover
- Paid to you as a taxable distribution - could be subject to early withdrawal penalties

Credit Union

As an MHS staff member, you can join the First Nebraska Credit Union. The credit union offers a range of financial services, including the following:

- Savings and Checking Accounts
- CDs and IRAs
- Loans
- Savings Bonds
- ATM Services
- Payroll Deduction
- Christmas Club and Vacation Club

For more information or to join the credit union, contact the First Nebraska Credit Union at (402) 492-9100 or (800) 882-0244 or visit the web site www.firstnebraska.org/Methodist.



This information is a summary of the benefits available to eligible staff members of Methodist Health System. Please read the inserts in this booklet as they provide additional, valuable information. You may review the Summary Plan Descriptions on the mhsintranet under Human Resources/MHS Benefits or by calling the Methodist Service Center at 402- 354-2280 for assistance.

Benefits and the enrollment process is covered in New Employee Orientation. Information is also provided during the onboarding process.

Our Mission

Improving the health of our communities by the way we care, educate, and innovate.

Our Core Values

- We are patient-centered, patient-driven.
- We honor and respect the dignity of all.
- We strive for excellence and push beyond.
- We work as one.
- We are dedicated to serving our community.

Our Vision

Methodist Health System will be the preferred integrated health system in the region, as measured by:

- Customer satisfaction;
- Clinical performance; and
- Financial performance.

For More Information

This booklet provides a brief summary of the Methodist Health System Benefits Program. The summary explains your benefits in plain language. It does not, however, describe every situation and is not intended to replace the plan documents. If there is any conflict between this brochure and the official plan documents, the official plan documents will govern the resolution. If you need additional information about your benefits, contact the Methodist Service Center.

